



THE IMPACT OF ART THERAPY BY TAKING ADVANTAGE OF QURANIC VERSES AND NARRATIVES ON IMPROVING LIFESTYLE

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ABSTRACT

Our study is based on to prove the Quranic verses and narratives can be one of the main factors in predicting and promoting mental health. Also, I believe that using holy Quran and narratives and benefiting from the word of Allah, the Exalted as well as the opinion of the prophets and the Infallibles Imams are the best instrument to change the way of life and open the mind ties of individuals. The major difference between Art-therapy and other methods is that it allows us to express our emotions and communicate with our surroundings in a way other than using words and sentences as words and phrases are limited and cannot fully do it in the communication. Therefore, what I believe in, is that art can interpret the narratives and the holy Quran better than they do. There are many books already written, skilled speaker and orators make speech, Islamic Center are built to familiarize people with religion, nonetheless this things does not have a substantial impact on changing lifestyles and influencing people's thoughts. However, by using art in the application of religious concepts we can have a positive effect on people's mind and changing their lifestyle. To make this study possible we will follow the case by the below question. The question is that whether by using art, can we teach Quranic concepts for human well-being and improvement of their standard of living as much as it becomes as a culture and belief in their lives. Two theories will support our discussion, the first is the Islamic view as it is according Quran and verses approach. And the second is the Jung's theory as a psychological theory. Conclusion could be reached by the end of study and would be resulted for a new achievement of changing lifestyle.

KEYWORDS: lifestyle, Art-therapy, Quran and narratives (Hadith).

INTRODUCTION:

"Art Therapy" has been among discussions recently raised among the community of psychologists, and it seems that "Art Therapy" performed effective actions in helping the community to be relaxed. Given that art is present in all creation phenomena and the basis of human creation is linked to art, in fact, psychologists in the field of behavioural therapy have identified art as a factor for flourishing the innovations, creativity and innovation of each individual's talents. Developing emotions such as joy, happiness, sense of permanence, and self-esteem will help to recognize the status of individuals in society. The Holy Quran in different places throughout itself has used artistic approach to deepen and strength then the considered purpose in the mind of the audience. Although the Holy Quran has not explicitly mentioned a verse about art and its value, but it focus on what is in human nature. The desire for beauty and the use of various artistic methods to attract more is the innate things that exist in man. We also know that the Holy Quran could be realized by the interpretation of the language of Prophet Mohammad (Salat al-Allah) and Infallible Imams (Peace be upon them) as Hadith. However, as a result in this study we present How the Quran and Hadiths could be expressed as Art-therapy to effect the lifestyle of mankind. In fact, a combination of art and psychology by using Quran as well as Hadiths will show the higher achievement of lifestyle whereas it will significantly affects the mental quietness of individuals.

THE PROBLEM:

We believe that lifestyle based on Quranic verses and narratives can be one of the main factors in predicting and promoting mental health. Verses and narratives may play a significant role in the psychological well-being of the individual and society through various mechanisms such as hope, motivation and positivism in life, providing a hopeful and sensible definition of suffering, developing a network of emotional and social support and rendering a clear and straightforward answer to the concept of creation and salvation of man from absurdity and making up for hardship. In this regard, the techniques of art therapy and its impact on lifestyle via taking advantage of Quran and narratives and adapting this issue in different societies have been studied. I believe that his will be tremendously effective and operative in all societies, and art as an international language and science can be a great way of interpreting Quranic verses and narratives and implementing the life of the Messenger of God in the societies, and it can be beneficial and constructive by improving lifestyle in reaching the ideal community.

On the other hand, Quran and narrative therapy that are prevalent today are rooted in written narrative sources in which the eternal miracle of the Prophet (PUH) and his living proof of the righteousness of his path are among the topics that modern scientists have lately succeeded in achieving them by applying various knowledge and advanced scientific instruments. In addition to expressing itself as a source of comfort for human beings, Holy Quran also states in its verses that it is healing. However, no researcher has ever addressed its application and its impact on the improvement of human life, and the lack of this subject has prompted me to conduct this research.

LITERATURE REVIEW:

In this section, we intend to take a brief look at prior studies to enrich our research and avoid duplication of work as well as ultimately use the results of past studies. In the realm of lifestyle, we can point to Ms. Louise Hay, one of the professors of the success and personal growth whose work in the pursuit of acquiring good health and having outstanding relationships through mind and thought. Most of his books are about self-healing with the power of the mind and changing mental thoughts. Louise Hay was able to cure her cancer with only the power of the mind and change her beliefs and mental thoughts a few years ago without any medication or radiation therapy and achieve complete health in less than six months. She is founder of Hay House Publishing and the author of several self-help books, personal growth and intellectualism. In 1984, her new book, *You Can Heal Your Life*, was published. In this book, Louise believes that everyone is responsible for emotional problems, physical disorders and illnesses in our bodies, and how we can make our lives better by changing our minds.

Last but not the least, I can refer to the precious and eternal work i.e. Nahjul Balaghaa as the most valuable source which is the collection of Amir al-Mu'minin's (AS) sermons, precepts, epistles and aphorisms the obedience of which play undeniable a role in human life.

According to what has been mentioned, this research seeks to explain and define the instances of a healthy and better lifestyle through the teachings of the Qur'an and the narratives of the infallible Imams and using art and the techniques of art therapy so that it provides a base and ground for understanding the way in which Improve the lives of human beings and ultimately brings about their happiness.

HYPOTHESES AND QUESTIONS:

The main question of this research is that whether by using art, can we teach Quranic concepts for human well-being and improvement of their standard of living as much as it becomes as a culture and belief in their lives.

To answer the aforesaid question, the following hypotheses are put forth:

Sub hypothesis I: Art therapy is one of the best methods of teaching and training.

Sub hypothesis II: The best way to improve the individual's lifestyle is to use verses and narratives. Main hypothesis III: Using Art-therapy to improve lifestyle by taking advantage of verses and narratives is the best path toward prosperity and fortune.

Thus, herein this research it can be said that:

- Independent variable I: Quranic Verses and Narratives
- Independent variable II: Art-therapy
- Dependent variable: Lifestyle

METHODOLOGY:

this will let to describe the circumstances of the current lifestyle and the aspects of its improvement towards a high level of life with regards to the guidance of Quran and the narratives.

Historical: to clarify the concrete role of Quran and Hadithes for a better life, we need to go back through the history and see what happened and what was the Impact of these two elements. Then it would be possible to use this method for such explanations.

LIMITATIONS OF RESEARCH:

As for limitations, it is to be noted that researchers are always faced with limitations in their research, some of which appear even at the outset of my study. In this research, lack of available scientific resources at least in Persian is one of those limitations that is why I have to use those resources written in Arabic and English which by itself impose other limitations as time and transferring Arabic texts to English correctly and unifying them. Besides, since our main issues are related to the verses and narratives, our other problem is the correct interpretation and the choice of the eloquent interpretation to achieve a better result. One should also be aware that in behavioural science research, the control or line of unwanted variables that may be the result of specific designs and methods such as the integration of science and art and divine verses is less possible.

Concepts:

As we are dealing with four keywords. We should define them before we go forward.

1. Quran: the holy book of Islamic religion, written in Arabic containing the word of Allah as revealed to the prophet Muhammad.
2. Hadith (narratives): collection of traditions containing saying of the prophet Muhammad and Infallible Imams (peace be upon them) with accounts of their daily practices. Constitute the major source of guidance for Muslims apart from the Quran.
3. Art therapy: therapy based on engagement in artistic activities as a means of creative expression and symbolic communication especially in individuals affected with mental or emotional disorder or cognitive impairment in art therapy.
4. Life style: the way in which a person or a group of people lives and works a comfortable / healthy / lavish, etc.

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